Addictions Checklist: Check Yes or No

Concealing behavior
Consequences of behavior
Denial of the obvious
Using alibis
Make excuses
Justification
Confront problems
Feeling of superiority
Addictive behaviors
Distrust of others
Rationalization of behavior
Fantasizing
Obsessions
Believe problems will disappear
Broken promises
Controlled sexual behavior
Feeling of being trapped
Feeling neglected
Feeling abandoned
Not being with others regularly
Mood swings
Make a list of resentments
Make a list of disappointments
Depressed
Feeling guilty
Feeling shame and ashamed
Feeling remorse
Loss of relationships
Loss of friendships
Deterioration of the family
Deterioration of pride
Family distancing
Distrust by people
Loss of self-esteem
Loss of self-respect
Loss of self-doubt
Growing fears
Feeling unique
Feeling inadequate
Neglect of the spiritual
Unusual dreams or fantasies
Changes in eating and sleeping habits
Feeling the stress of addiction
Loss of time
Loss of a job
Decreased work ability
Suicidal thoughts
Controlling financially
Over extension of responsibilities
Over extension of work
Over extension of activities
Self-defeating activities
Sex is a sign of love
Negative body image
Acting out
Men have to initiate relationships
Men need drugs/booze/sex more than women
Preoccupations
Compulsive behaviors
Have despair
Missed chances
White lies about addiction
Wasted energy
Failure to reach a goal